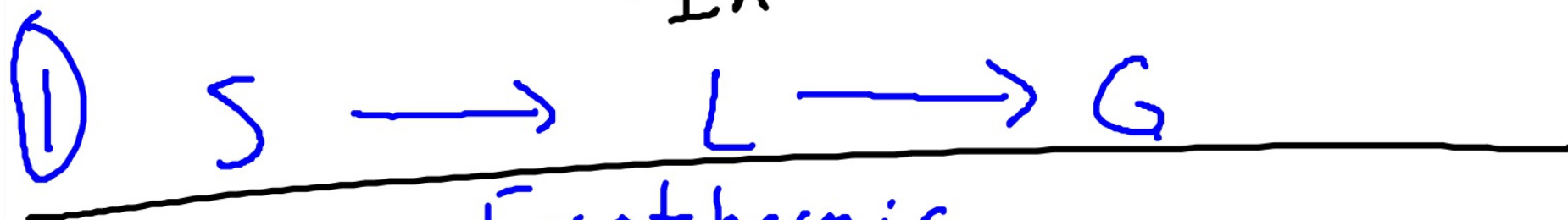


Endothermic
↳ goes IN ↳ Heat



Exothermic
↳ comes OUT ↳ Heat

